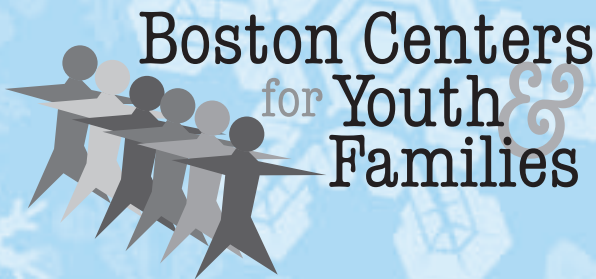


# BCYF Roche Family Community Center

## *Winter/Spring Program Guide 2013*



**Thomas M. Menino, Mayor**  
Daphne Griffin, Executive Director

# Who We Are

The West Roxbury Community Centers (WRCC) Roche Family Community Center is a not-for-profit community based organization for the residents of our community.

Governed by the WRCC Council and in partnership with the Boston Centers for Youth & Families (BCYF), WRCC's continued mission is to reach all residents of its community and provide quality arts, character, education, and sports programs.

In January 2006, the WRCC and Facility Management Corporation reopened the Jim Roche Community Ice Arena, a Massachusetts Department of Conservation and Recreation Skating Rink. The Roche Arena provides high quality, affordable skating programming for all ages and abilities within the community.

## Winter/Spring Schedule

January 2	Registration for City of Boston residents only. 5pm-7pm at the back entrance
January 9	Registration begins for non-residents @ 9 am
January 14	Session 1 begins
January 23	Small Wonders Lottery Selection @ 6:30pm for 2013-2014
March 13	St. Patrick's Day Luncheon for Seniors
March 18	Session 2 begins
April 1	WRCC Scholarship Applications Available to all graduating seniors from the West Roxbury/Roslindale area
May 1	Registration for Summer Programs @ 5pm
May 8	Mother's Day Luncheon for Seniors
May 10 & 11	WRCC Players "101 Dalmations " at WREC

## West Roxbury Community Centers Council

West Roxbury Community Centers Council is a not for profit 501(c)3 . Our members raise funds for the programs at the site. Interested in joining our board? Join us on the 4th Thursday of each month at 7pm. We welcome your thoughts.

### Membership at WRCC

#### **How to become a Member**

To become a member of the West Roxbury Community Center, come to 1716 Centre Street and pay the annual membership fee. Membership is renewable each September. Payment by check or money order only. **No cash accepted.**

### Membership Privileges

This brochure details programs offered for the 2013 Winter/Spring sessions. Most activities have a small tuition. Free activities and privileges are offered for community members of all ages

Membership	City of Boston Residents	Non-residents
Family	\$40	\$80
Individual	\$25	\$50
Senior (55+)	\$10	\$20
Student (Grade 6-up)	\$10	\$20

### Registration

Register for programs at our 1716 Centre Street location during our regular business hours. Registration for our Winter/Spring 2013 programs begins on Wednesday, January 2nd at 5pm for **City of Boston residents ONLY**. Proof of residency may be required at time of registration. Registration for Non-residents will begin on Wednesday, January 9th at 9am. **One registration per family/member on January 2nd.** Unless otherwise stated in the program description, WRCC membership is required. Please call 635-5066 with questions on membership or programs. The Center reserves the right to cancel programs due to insufficient registration. **Registration by mail will not be accepted.** Enrollment in the Session 1 does not guarantee enrollment in Session 2. Members may register for both sessions at time of registration. Space is limited for all classes. **Due to the popularity of the Toddler Time and Sticky Fingers classes, members may only register for 1 class per week, per session.**

### Registration Policy

1. Memberships are non-refundable.
2. There are no refunds given after registration is taken for a program.
3. Credits/transfers will not be issued after the 1st week of Session.
4. If the program you register for is cancelled, or if there is a Center-initiated schedule change, we will refund your full tuition.

**\*Any program questions or concerns you can contact us by e-mailing us at [rochecc@cityofboston.gov](mailto:rochecc@cityofboston.gov)**

## Roche Family Community Center

**A George Robert White Trust Facility**  
**(617) 635-5066 • 1716 Centre Street**

Parking in the rear of the building is limited to marked spaces only. Any vehicles parked illegally in the lot or in the driveway will be towed at the owner's expense.

### Hours of Operation

Monday – Friday 8:00 am – 9:00 pm  
Saturday 9:00 am – 5:00 pm

## Jim Roche Community Ice Arena

**(617) 323-9512 • 1275 VFW Parkway**

Parking available in lot next to the arena.

### Public Skating

Monday – Friday @ 12noon – 1:50pm  
Friday evenings @ 8:00pm – 9:50pm with DJ  
Saturday afternoons @ 2:00pm – 3:50pm  
Sunday afternoons @ 2:00pm – 3:50pm

\$5.00 admission – all ages / \$4.00 rental skates

**WRCC Members will be able to skate during public skating hours for free. Must present current membership card for free admission.**

Schedules available at arena, online @ [www.fmcicesports.com](http://www.fmcicesports.com) or call 888-64-RINKS

### Senior Skate

Wednesdays @ 11:00am – 11:50am  
Free admission for seniors ages 65 & up.

### 2013 Holidays

West Roxbury Community Centers will be closed in observance of the following holidays:

New Years Day	Jan 1	Patriots Day	April 15
M.L. King Jr. Birthday	Jan 21	Memorial Day	May 27
Presidents Day	Feb 18	Independence Day	July 4

**Classes scheduled on a holiday or Boston Public School snow day will be cancelled for the day and will not be made up. The Rink schedule does not apply.**

# Preschool Programs

## Toddler Time

### **Tuition: \$30 per seven week session**

This parent and child class is teacher directed with activities such as free play, obstacle courses and rhythmic activities appropriate for your toddler's development. Due to the popularity of this class, members may only register for 1 class per week. NEW: Check out our Family Class...enjoy Toddler Time with your children ages crawling – 5 years!

### **Session 1 begins the week of January 14, 2013**

Code	Session	Age	Day	Time
TT1	1	Crawling – 1.5	Tuesday	9:00 – 9:45 am
TT2	1	Crawling – 5 Years	Wednesday	9:00 – 9:45 am
TT3	1	Crawling – 1.5	Thursday	9:00 – 9:45 am
TT4	1	1.5- 2.5	Tuesday	9:45-10:30am
TT5	1	1.5- 2.5	Wednesday	9:45-10:30am
TT6	1	1.5- 2.5	Thursday	9:45-10:30am
TT7	1	2.5- 3	Tuesday	10:30-11:15am
TT8	1	2.5- 3	Wednesday	10:30-11:15am
TT9	1	2.5- 3	Thursday	10:30-11:15am

### **Session 2 begins the week of March 18, 2013**

Code	Session	Age	Day	Time
TT10	2	Crawling – 1.5	Tuesday	9:00 – 9:45 am
TT11	2	Crawling – 5 Years	Wednesday	9:00 – 9:45 am
TT12	2	Crawling – 1.5	Thursday	9:00 – 9:45 am
TT13	2	1.5- 2.5	Tuesday	9:45-10:30am
TT14	2	1.5- 2.5	Wednesday	9:45-10:30am
TT15	2	1.5- 2.5	Thursday	9:45-10:30am
TT16	2	2.5- 3	Tuesday	10:30-11:15am
TT17	2	2.5- 3	Wednesday	10:30-11:15am
TT18	2	2.5- 3	Thursday	10:30-11:15am

**Instructor: Elizabeth Kaminga**

## Sticky Fingers

### Tuition: \$30 per seven week session

This parent and child class is teacher directed with activities such as crafts, play doh, sand play, chalk, etc. Come on in and get messy! Due to the popularity of this class, members may only register for 1 class per week **Limit 12 per class.**

### Session 1 begins the week of January 14, 2013

Code	Session	Age	Day	Time
SF1	1	18 months – 2.5	Tuesday	9:00 – 9:45 am
SF2	1	18 months – 2.5	Wednesday	9:00 – 9:45 am
SF3	1	18 months – 2.5	Thursday	9:00 – 9:45 am
SF4	1	2.5-3.5	Tuesday	9:45-10:30am
SF5	1	2.5-3.5	Wednesday	10:30-11:15am
SF6	1	2.5-3.5	Thursday	9:45-10:30am
SF7	1	2.5-3.5	Tuesday	10:30-11:15am
SF8	1	2.5-3.5	Wednesday	9:45-10:30am
SF9	1	2.5-3.5	Thursday	10:30-11:15am

### Session 2 begins the week of March 18, 2013

Code	Session	Age	Day	Time
SF10	2	18 months – 2.5	Tuesday	9:00 – 9:45 am
SF11	2	18 months – 2.5	Wednesday	9:00 – 9:45 am
SF12	2	18 months – 2.5	Thursday	9:00 – 9:45 am
SF13	2	2.5-3.5	Tuesday	9:45-10:30am
SF14	2	2.5-3.5	Wednesday	10:30-11:15am
SF15	2	2.5-3.5	Thursday	9:45-10:30am
SF16	2	2.5-3.5	Tuesday	10:30-11:15am
SF17	2	2.5-3.5	Wednesday	9:45-10:30am
SF18	2	2.5-3.5	Thursday	10:30-11:15am

**Instructor: Barbara Isberg**

## Sports, Games & More...

### Tuition: \$35 per seven week session

This fun filled class for your preschooler will engage him/her in various activities including organized sports, free play and simple physical activities for motor development/coordination. Participants must be able to separate from parents and follow directions.

**Limit 12 per class.**

### Session 1 begins the week of January 14, 2013

Code	Session	Age	Day	Time
SG1	1	3	Monday	9:30–10:15 am
SG2	1	4-5	Monday	1:15-2:00 pm
SG3	1	3	Friday	9:30 - 10:15 am
SG4	1	3	Friday	10:15 - 11:00 am

### Session 2 begins the week of March 18, 2013

Code	Session	Age	Day	Time
SG5	2	3	Monday	9:30–10:15 am
SG6	2	4-5	Monday	1:15 - 2:00 pm
SG7	2	3	Friday	9:30 - 10:15 am
SG8	2	3	Friday	10:15 - 11:00 am

**Instructor: Joan Kennedy**

## Creative Movement and Dance

### Tuition: \$30 per seven week session

Preschoolers love to move! This class will include interactive songs and dance, movement games and stories, and basic locomotive skills such as skipping, hopping and galloping. No special attire is necessary. **Participant must be able to separate from parent and follow instructions.**

### Session 1 begins the week of January 14, 2013

Code	Session	Age	Day	Time
CD1	1	3-5	Monday	10:15–11:00 am

### Session 2 begins the week of March 18, 2013

Code	Session	Age	Day	Time
CD2	2	3-5	Monday	10:15–11:00 am

**Instructor: Valerie Maio**

## Baby Signs - Sign, Say & Play

**Tuition: \$30 per six week session**

Introduces play activities that reinforce important language, cognitive and social-emotional skills. Teaches signing through fun games with BeeBo™ the Baby Signs® Bear.

**Session 1 begins the week of January 14, 2013**

Code	Session	Age	Day	Time
SSP1	1	6 – m – 2 yr	Saturday	10 – 10:45 am

**Session 2 begins the week of March 18, 2013**

Code	Session	Age	Day	Time
SSP2	2	6 m – 2 yr	Saturday	10 – 10:45am

**Instructor: Suzanne N. Court**

## Baby Signs - Rumble Tumble Tummy Time

**Tuition: \$30 per six week session**

Come learn how to make tummy time fun for your baby through engaging songs and activities in a play class setting. At the same time, On the Grow Educator will provide valuable strategies to help you make the most of this important stage of development.

**Session 1 begins the week of January 14, 2013**

Code	Session	Age	Day	Time
RTT1	1	6m - 2 yr	Saturday	10:45–11:30am

**Session 2 begins the week of March 18, 2013**

Code	Session	Ages	Day	Time
RTT2	2	6m - 2 yr	Saturday	10:45–11:30am

**Instructor: Suzanne N. Court**

## Parent Workshops

by Jill Vetstein of Nurturing Parents and Teachers

**Ages infant – 5 years**

### The Testing Child

**Tuesday, February 12, 2013**

**Fee: \$15**

**6:15 - 8:15 pm**

This workshop is designed for parents, caregivers, and childcare providers of children ages 15 months-5 yrs old. This workshop explains why children test and repeat negative behaviors. In this workshop, you will learn to understand a child's motives and will walk away from this workshop with a better understanding of their child and/or those they work with. You will gain the wisdom and ability to step back and assess a situation with clarity and confidence. Armed with this information, participants can more effectively intervene in a child's negative behavior.

**To register go to:** <http://thetestingchildwestroxbury.eventbrite.com>

### Raising Kids Positively

**Tuesday, March 12, 2013**

**Fee: \$15**

**6:15 - 8:15 pm**

Parents and teachers will learn skills that will help them create positive learning atmospheres while implementing positive interventions. Participants will learn how to effectively empower children to feel secure, proud, and confident. We will eliminate reactive responses in classrooms and homes and replace them with conscious care giving. This workshop will teach positive child rearing skills that will aid participants in lessening the amount of frustration, yelling, and punishment used with their children. Your kids and your sanity will thank you for coming!

**To register go to:** <http://raisingkidspositivelywestroxbury.eventbrite.com>

## Small Wonders

**Early Childhood Program**

### Small Wonders Peek Week

Visit the Small Wonders classroom during the week of January 15 – 17th to see our wonderful program. Visit that week between 9 am - 10 am to see our nurturing staff and program activities. For more information contact Ellen Levine at 617-635-3479.

## Small Wonders Early Childhood Program Ages 3-4 years

At Small Wonders our experienced Early Childhood educators strive to create an environment in which your child may thrive physically, developmentally and socially. We offer 3 and 4 year old programs.

### Lottery Registration: Wednesday, January 23, 2013

Registration will be done by a lottery selection. To obtain a number you must register between 6 pm and 6:30 pm at the Roche Center on January 23rd. The lottery will take place at 6:30 pm. You must be present at the time of the lottery to obtain a slot. One non-refundable/transferable payment is due upon selection to secure slot for the 2013-2014 school year

Program	Days	Time	Fee
3 year old	Tuesday/Thursday	8:45 am - 11:15 am	3 payments of \$450
3 year old	Tuesday/Thursday	12:15 pm - 2:45 pm	3 payments of \$450
4 year old	Mon/Wed/Fri	8:30 am - 12:30 pm	3 payments of \$675

Child must be 3 years of age by September 1, 2013 to register for the 3 year old program. Parent must bring birth certificate at time of registration

## Youth Programs

### Pee Wee Basketball

**Tuition: \$30 per seven week session**

This class enables participants to practice basic drills and increase their ability through repetition. No games, just skill building. **All participants must wear appropriate athletic attire for class.**

**Session 1 begins the week of January 14, 2013**

Code	Session	Age	Day	Time
PWB1	1	5-6	Tuesday	4:00-4:45pm
PWB2	1	5-6	Wednesday	4:45-5:30pm
PWB3	1	7-8	Tuesday	4:45-5:30pm
PWB4	1	7-8	Wednesday	4:00-4:45pm

**Session 2 begins the week of March 18, 2013**

Code	Session	Age	Day	Time
PWB5	2	5-6	Tuesday	4:00-4:45pm
PWB6	2	5-6	Wednesday	4:45-5:30pm
PWB7	2	7-8	Tuesday	4:45-5:30pm
PWB8	2	7-8	Wednesday	4:00-4:45pm

### Wide World of Sports

**Tuition: \$30 per seven week session**

Participate in a variety of recreational sports including floor hockey, whiffleball, soccer, basketball and more!

**Session 1 begins the week of January 14, 2013**

Code	Session	Age	Day	Time
WW1	1	6-8	Friday	3:45-4:30pm
WW2	1	6-8	Friday	4:30-5:15pm

**Session 2 begins the week of March 18, 2013**

Code	Session	Ages	Day	Time
WW3	2	6-8	Friday	3:45-4:30pm
WW4	2	6-8	Friday	4:30-5:15pm

### Wheelhouse Baseball Clinic

**Tuition: \$50 per session**

This off-season indoor baseball clinic will focus on developing the proper fundamentals of hitting, catching, throwing, fielding and base-running mechanics. The goal of this program is to challenge passionate players of all ability levels to improve their skills, in a fun, safe training environment. **Limit 12 players**

**10 Week Session begins the week of January 14, 2013**

Code	Session	Ages	Day	Time
WBC1	1	10-12	Thursday	4:00 - 5:30pm



## Youth Karate

**Tuition: \$45 per seven week class**

This entry level Karate class is an excellent tool for your child to build self-confidence, learn discipline, and improve coordination in a safe fun-filled environment. **Limit 15 per class**

**Session 1 begins the week of January 14, 2013**

Code	Session	Age	Day	Time
YK1	1	4-8	Wednesday	5:15 - 6:00pm

**Session 2 begins the week of March 18, 2013**

Code	Session	Ages	Day	Time
YK2	2	4-8	Wednesday	5:15 - 6:00pm

**Instructor: Ari Cassarino**

## WRCC Art Workshop

**Tuition: \$60 per seven week session**

This class will explore unusual techniques using unique and exciting materials. Each week young artists will create a new project. We will use clay, create sculptures, paint and create collages. Each artist's creativity will be encouraged and celebrated!

**Session 1 begins the week of January 14, 2013**

Code	Session	Ages	Day	Time
CRAFT1	1	5-6	Tuesday	3:45-4:30pm
CRAFT2	1	7-12	Tuesday	4:45-5:30pm

**Instructor: Joanne Clamage**

## Beginner Guitar Class

**Tuition: \$100 per session**

Learn to play guitar! This group lesson will teach you how to tune and care for your acoustic guitar, how to play chords, read guitar tablature, and strum songs by yourself and with others. Bring your acoustic guitar (no electrics, please) and we'll provide the rest. **Limit 10**

**14 week session begins Thursday, January 17, 2013**

Code	Session	Ages	Day	Time
BGC1	1	9-16	Thursday	5pm-6pm

**Instructor: Brian Campell**

## Guitar Class Level 2

**Tuition: \$100 per session**

Participants are expected to know how to tune and form most open chords before registering for this class. This 14 week session will focus on open chord changes, bar chords, and ear-training. Participants must own working guitar, tuner, picks etc

**Limit 10**

**14 week session begins Thursday, January 17, 2013**

Code	Session	Ages	Day	Time
GCL2	1	9-16	Thursday	6pm-7pm

**Instructor: Brian Campell**

## Pee Wee Drama

### Tuition: \$35 per seven week session

In this lively 45 minute class the younger set will put their dramatic talents to work. We'll act out old and new stories and make up a few of our own! Classes will encourage listening, control, cooperation, and using the imagination. But most of all it's FUN!!

### Session 1 begins the week of January 14, 2013

Code	Session	Age	Day	Time
PWD1	1	4-6	Friday	3:30-4:15pm
PWD2	1	6-8	Friday	4:15-5:00pm

### Session 2 begins the week of March 18, 2013

Code	Session	Ages	Day	Time
PWD3	2	4-6	Thursday	3:30-4:15pm
PWD4	2	4-6	Friday	3:30-4:15pm
PWD5	2	6-8	Friday	4:15-5:00pm

**Instructor: Bill Jacob**

**\*Children ages 4 - 7 who wish to participate in the play in the spring must either have been in the play before or have taken a Pee Wee Drama class within the last two years.**

## Act it Out!

### Tuition: \$35 per seven week session

Explore the creative process through movement activities, improvisation and dramatization. Develop self-expression and communication skills.

### Session 1 begins the week of January 14, 2013

Code	Session	Ages	Day	Time
AO1	1	9 & Up	Friday	5:00-5:45pm

### Session 2 begins the week of March 18, 2013

Code	Session	Ages	Day	Time
AO2	2	9 & Up	Friday	5:00-5:45pm

**Instructor: Bill Jacob**

## WRCC Players 2013 Production

### 101 Dalmations

## WRCC Players

## Ages 8 and up

### Tuition: \$65

Be a part of our theatre ensemble. This year's production is "101 Dalmations". After registering, **you must** call the Roche Center for an **audition appointment**.

**Auditions** will be held on Thursday, January 31st from 5pm-8pm and Friday, February 1st from 6pm-8pm at the Roche Center. You will be asked to sing a short selection from the play that we will teach you. If you are needed for Call Backs you will be notified by 9pm that evening.

**Call Backs** will be held at the Roche Center on the following Saturday, February 2nd from 2:00pm-4:45pm.

**Read Through:** Friday, Feb 8th @ Roche Center 6pm-8:30pm

**1st Rehearsal:** Saturday, March 23rd, at WREC Auditorium 10am-2:00pm

**Rehearsals:** Mondays & Wednesdays 5pm-7:30pm / Some Saturdays 10am-2pm

**Performances:** Friday, May 10th at 7pm at the WREC Auditorium

Saturday, May 11th at 2pm at the WREC Auditorium



## Pee Wee Players

## Ages 4-7 Years

**Tuition:** \$65

Here's a chance for younger stars to experience being in a real play. They will participate in small chorus and walk on roles in the WRCC Players production of "101 Dalmations."

**PLEASE NOTE:** Children ages 4 - 7 who wish to participate in the Pee Wee Players in the spring must either have been in WRCC productions before or have taken a Pee Wee Drama class within the last two years.

**Informational Meeting for New Parents** Thursday, January 31st 4:30-5:00 pm at the Roche Center. New parents should attend for information and hand-outs.

**1st Rehearsal: Saturday, March 23rd, at WREC Auditorium 12pm-2:00pm**

**Rehearsals:** Wednesdays 5pm-7:30pm / Some Saturdays 12pm-2pm

**Performances:** Friday, May 10th at 7pm at the WREC Auditorium  
Saturday, May 11th at 2pm at the WREC Auditorium

## WRCC Summer Programs

Registration for the WRCC summer programs will take place on Wednesday, May 1st at 5pm. Non-refundable payment must be paid at time of registration for all weeks registered for. **This camp must comply with regulations of the Massachusetts Department of Public Health and be licensed by the local board of health.**

### Summer Fun Camp at Roche Center

### Ages 3-5 Years

Camp begins July 8th and ends on August 16th

Monday through Friday 8:30 am – 1:00 pm

Fee: \$150 per week per child

Breakfast and lunch provided

Must be 3 years old by July 8, 2013.

Program Code	Week of	Tuition*
SFC1	Week of July 8	\$150
SFC2	Week of July 15	\$150
SFC3	Week of July 22	\$150
SFC4	Week of July 29	\$150
SFC5	Week of August 5	\$150
SFC6	Week of August 12	\$150

### Camp WRCC at Roche Center

### Ages 6-11 Year

Camp begins the week of July 8th and ends on August 16th

Monday through Friday 8:30 am – 3:00 pm

Fee: \$175 per week per child. Breakfast and lunch provided

Must be 6 years old by July 8, 2013

Program Code	Week of	Tuition*
CWRCC1	Week of July 8	\$175
CWRCC2	Week of July 15	\$175
CWRCC3	Week of July 22	\$175
CWRCC4	Week of July 29	\$175
CWRCC5	Week of August 5	\$175
CWRCC6	Week of August 12	\$175

**\*Summer Camp tuition prices are subject to change prior to registration**

# TEEN CENTER ON CENTRE (T.C.O.C.) Program

Grades 6-up. WRCC's Teen Center on Centre (T.C.O.C.) is for youth in Grades 6 - up. Our Youth Workers are eager to meet and work with the teens of the Parkway area. Included in the yearly membership fee access to our drop-in center where teens can use the computers and do some homework. If you have any questions or suggestions for programming they are welcomed. Please feel free to contact our Youth Workers: Courtney at [courtney.losi@cityofboston.gov](mailto:courtney.losi@cityofboston.gov) or Jesse at [jesse.deforge@cityofboston.gov](mailto:jesse.deforge@cityofboston.gov)

## Teen Center Drop In

Mondays -Thursdays 2:30 - 6pm  
Fridays Times may vary due to trips  
This is a chance for the teens to come together with friends, and have the opportunity to make new friends in a relaxed environment. Get your homework assignments done in our computer lab or simply come down and hang out. **Membership is all you need to take part in this program.**

## Field Trips and Half Day Program

Please keep an eye on the West Roxbury Bulletin and Teen Center Info Board for all upcoming trips and programs. If interested you may also add your name to our email updates by emailing [courtney.losi@cityofboston.gov](mailto:courtney.losi@cityofboston.gov). Pre-registration is required as space is limited. The price may change depending on enrollment. Participants must be at the Roche Center ½ hour before the scheduled time. Ask to be put on our email list for updates!! Due to the limited number of slots for teen trips, once registration is accepted by WRCC no refunds, credits, or transfers will be given if a teen does not attend. Parent must fill out permission slips for all trips.

## 6th Grade Nights

**Tuition: \$5 per youth**

Join us one Friday a month for a night just for 6th graders! Ping Pong tournaments, gym activities & more! While the older kids are at the dance let's have some fun of our own!! Pizza and drinks included.

**Pre-registration required for pizza order.**

Code	Date	Grade	Cost
6GN1	1/4/13	6	\$5
6GN2	2/1/13	6	\$5
6GN3	3/1/13	6	\$5
6GN4	4/5/13	6	\$5
6GN5	5/3/13	6	\$5

**\* To coincide with Holy Name Dance Schedule**

## DVD Premier Night

**Tuition: \$5 per youth**

Join us Fridays for a movie night 6pm-8pm! Popcorn and drinks included. Call the teen center for movie!!

**Pre-registration required. Limit 30**

Code	Date	Grade	Cost
DVD1	1/11/13	6	\$5
DVD2	2/8/13	6	\$5
DVD3	3/8/13	6	\$5
DVD4	4/12/13	6	\$5
DVD5	5/10/13	6	\$5

## T.C.O.C. Running Club

### Tuition: \$20 per youth

We are looking for energetic & healthy minded Teens to participate in our new Running Club program. Get out, exercise and meet some new friends!

### Session 2 begins the week of March 18, 2013

Code	Session	Grade	Day	Time
RC1	2	6&up	Wednesday	4-5:30pm

## T.C.O.C. Volunteer Opportunities

Any Teens interested in Community Service hours or Volunteer opportunities are encouraged to contact Jesse. For more information e-mail

[jesse.deforge@cityofboston.gov](mailto:jesse.deforge@cityofboston.gov) or call (617) 635-5066 after 1pm Tuesday-Friday. \*CORI/SORI checks will be required

## T.C.O.C. Summer Clinic

### Ages 12-15

Join your friends for this exciting program geared to the adolescent. Program will be field trip based. We will travel throughout the city and beyond. Two-week sessions begin July 8th. Monday – Friday 9 am to 4pm\*. \*Some trips end later in the day

Program Code	Week of	Tuition
CLC1	Two week session to begin July 8	\$250
CLC2	Two week session to begin July 22	\$250
CLC3	Two week session to begin August 5	\$250

### \* Tuition prices are subject to change prior to registration

Please check the West Roxbury PATCH for any news about ongoing programs at WRCC or email @ [courtney.losi@cityofboston.gov](mailto:courtney.losi@cityofboston.gov) or [jesse.deforge@cityofboston.gov](mailto:jesse.deforge@cityofboston.gov) to be added to our email list for updates!

# Adult Programs

## Morning Yoga

### Tuition: \$60 per seven week session

Beginning Hatha Yoga. Learn deep breathing techniques to enhance flexibility and help in relaxation. Basic standing postures taught to develop strength, balance and coordination. Floor work and a short meditation session will complete this morning session.

### Session 1 begins the week of January 14, 2013

Code	Session	Ages	Day	Time
MY1	1	Adult	Thursday	9:00–10:15am

### Session 2 begins the week of March 18, 2013

Code	Session	Ages	Day	Time
MY2	2	Adult	Thursday	9:00–10:15am

### Session 3 begins the week of May 13, 2013

Code	Session	Ages	Day	Time
MY3	3	Adult	Thursday	9:00–10:15am

Instructor: JoAnn Arone

## Yoga For Adults

### Tuition: \$60 per session

Practice Hatha Yoga to exercise every part of your body and improve your health, suppleness and peace of mind. Each class will consist of a physical workout followed by relaxation and meditation.

#### Session 1 begins the week of January 14, 2013

Code	Session	Ages	Day	Time
AY1	1	Adult	Monday	6:30-7:45pm
AY2	1	Adult	Wednesday	6:00-7:15pm

#### Session 2 begins the week of March 18, 2013

Code	Session	Ages	Day	Time
AY3	2	Adult	Monday	6:30-7:45pm
AY4	2	Adult	Wednesday	6:00-7:15pm

#### Session 3 begins the week of May 13, 2013

Code	Session	Ages	Day	Time
AY5	3	Adult	Monday	6:30-7:45pm
AY6	3	Adult	Wednesday	6:00-7:15pm

Instructor: Ines Hudson

## Beginning Yoga for Adults

### Tuition: \$60 per seven week session

Stretch, strengthen, relax and improve your flexibility! Learn the basics of gentle, Kripalu-style yoga and breath work through clear and simple instruction- perfect for beginners, but open to any level of students who would like to broaden their foundation. Please bring your own yoga sticky mat and or a towel/blanket plus a bottle of water.

#### Session 1 begins the week of January 14, 2013

Code	Session	Ages	Day	Time
YBA1	1	Adult	Tuesday	5:45-7pm
YBA2	1	Adult	Tuesday	7:15-8:30pm
YBA3	1	Adult	Thursday	7:30-8:45pm

#### Session 2 begins the week of March 18, 2013

Code	Session	Ages	Day	Time
YBA4	2	Adult	Tuesday	5:45-7pm
YBA5	2	Adult	Tuesday	7:15-8:30pm
YBA6	2	Adult	Thursday	7:30-8:45pm

#### Session 3 begins the week of May 13, 2013

Code	Session	Ages	Day	Time
YBA7	3	Adult	Tuesday	5:45-7pm
YBA8	3	Adult	Tuesday	7:15-8:30pm
YBA9	3	Adult	Thursday	7:30-8:45pm

Instructor: Raven Sadhaka Seltzer

## Knitting for Adults

### Tuition: \$50 per seven week session

Come learn how to knit and purl for beginners

#### Session 1 begins the week of January 14, 2013

Code	Session	Ages	Day	Time
KN1	1	Adult	Tuesday	6:30-8:30 pm

#### Session 2 begins the week of March 18, 2013

Code	Session	Ages	Day	Time
KN2	2	Adult	Tuesday	6:30-8:30 pm

Instructor: Jean Shaw

## Rhythm Tribe Dance for Adults

### **Tuition: \$60 per seven week session**

If you love Zumba, but can't take the impact on your feet, knees & hips, then you will love this fun and uplifting dance workout. This is more free-flowing and you can go at your own pace. Soundtrack: world music, oldies rock, soul & pop.

### **Session 1 begins the week of January 14, 2013**

Code	Session	Ages	Day	Time
RTD1	1	Adult	Thursday	6:00-7:00 pm

### **Session 2 begins the week of March 18, 2013**

Code	Session	Ages	Day	Time
RTD2	2	Adult	Thursday	6:00-7:00 pm

### **Session 3 begins the week of May 13, 2013**

Code	Session	Ages	Day	Time
RTD3	3	Adult	Thursday	6:00-7:00 pm

**Instructor: Raven Sadhaka Seltzer**

## Bridge Group

Join us for a great game of bridge with new or old friends!

**Wednesdays 11:00am**

# Senior Programs

## Line Dancing for Seniors

Enjoy your next party or wedding to the fullest. Join us for line dancing instruction that includes oldies. Hully Gully, the Greek Dance, Amos Moses, Watermelon Crawl, Achy Breaky, Boot Scootin' Boogie and many more!

Wear comfortable clothing and sneakers. **(Registration not required.)**

**Every Monday 11:15-12:15pm**

**Instructor: Nancy DiDuca**

## Yoga for Seniors

### **Tuition: \$50 per seven week session meets 2 days per week**

Chair Exercise program for men and women incorporating stretching, breathing, strengthening exercises, and relaxation techniques. Wear comfortable clothing

### **Session 1 begins the week of January 14, 2013**

Code	Session	Ages	Day	Time
SY1	1	Senior	Tues & Thurs	10:15-11:15am
SY2	1	Senior	Tues & Thurs	11:15-12:15pm

### **Session 2 begins the week of March 18, 2013**

Code	Session	Ages	Day	Time
SY3	2	Senior	Tues & Thurs	10:15-11:15am
SY4	2	Senior	Tues & Thurs	11:15-12:15pm

### **Session 3 begins the week of May 13, 2013**

Code	Session	Ages	Day	Time
SY5	3	Senior	Tues & Thurs	10:15-11:15am
SY6	3	Senior	Tues & Thurs	11:15-12:15pm

**Instructor: JoAnn Arone**

## Yoga for Seniors

**Tuition: \$30 per seven week session meets 1 day per week**

Chair Exercise program for men and women incorporating stretching, breathing, strengthening exercises, and relaxation techniques. Wear comfortable clothing.

**Session 1 begins the week of January 14, 2013**

Code	Session	Ages	Day	Time
SY5	1	Senior	Wednesday	2:00pm-3:00pm

**Session 2 begins the week of March 18, 2013**

Code	Session	Ages	Day	Time
SY6	2	Senior	Wednesday	2:00pm-3:00pm

**Instructor: JoAnn Arone**

## Tai Chi for Seniors

**Tuition: \$25 per seven week session**

Learn ways to maximize your energy, balance and stability with this gentle 8 movement tai chi short form. Increase circulation and reduce stress. **Seniors must be able to demonstrate the first 4 moves of the form to participate.**

**Session 2 begins April 4, 2013 - May 23, 2013**

Code	Session	Ages	Day	Time
TC2	2	Senior	Thursday	12:45 – 1:45 pm

**Instructor: Kathleen Ahern**

## Men's Pinoche Group

Enjoy a game of pinochle and meet some new friends at our Pinochle group.

**Monday and Wednesday 11:00am**

## Senior Book and Bagel Club

Join us on the 3rd Thursday of January at 11:30am for our first meeting of the New Year. We will discuss our book choices. Bring your own coffee and snack! The club will meet the 3rd Thursday of each month through June. For more information on book selections call the front desk at 635-5066.

## Café on Centre

A sense of community and friendship is vital to living a fulfilled, healthy life; and so is a hot meal. Ethos invites those aged 60 and over to come dine with friends, old and new at the Roche Family Community Center Cafe every Friday from 10:30 am - 2:30 pm. A donation of \$2.00 per meal is suggested, but not required. For a reservation and more information, call Ethos at 617-522-6700

## WRCC Special Wednesday Luncheons\*

**Tuition: \$5**

Lunch will be served at noon. Participants must register in person at the Roche Center. Space is limited.

St. Patrick's Day Luncheon March 13th

Mother's Day Luncheon May 8th

**\*Must be current member of WRCC to register for Special Wednesday Luncheons.**

## Foxwoods Trips

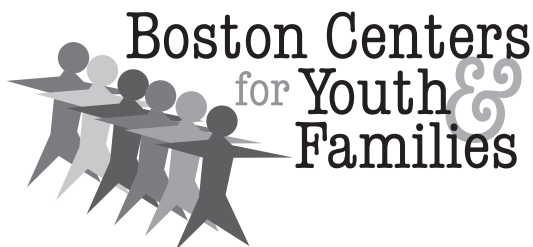
**Bus departs from the Roche Community Center promptly at 7:45am.**

**Tuition: \$25**

Cost	Date
Fox1	February 4
Fox2	April 1
Fox3	June 3



# BCYF Roche Center Program Registration Form



*The mission of Boston Centers for Youth & Families is to enhance the quality of life for Boston residents by partnering with community center councils, agencies, and businesses to support children, youth, individuals and families through a wide range of comprehensive programs and services according to neighborhood needs.*

Please fill out form completely. Membership renewable each September. Please notify WRCC of any changes in address, email or phone number. Checks/Money Order ONLY accepted. **Please make payable to WRCC.**

**Member Name** \_\_\_\_\_

**Phone Number** \_\_\_\_\_ **Email** \_\_\_\_\_

**Membership (please check one):**

- ☐ New Member      ☐ Current Member      ☐ Other BCYF Site Member

**City of Boston Resident**      **Out of City**

- |  |  |
|--|--|
| <input type="checkbox"/> Family \$40                 | <input type="checkbox"/> Family \$80                 |
| <input type="checkbox"/> Individual \$25             | <input type="checkbox"/> Individual \$50             |
| <input type="checkbox"/> Senior (55 +) \$10          | <input type="checkbox"/> Senior (55 +) \$20          |
| <input type="checkbox"/> Student (Grade 6 - up) \$10 | <input type="checkbox"/> Student (Grade 6 - up) \$20 |

Member Name	Program Code	Amount Due
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

TOTAL DUE: \_\_\_\_\_

For Office Use Only

Check # \_\_\_\_\_ Received by \_\_\_\_\_ Entered by \_\_\_\_\_

The application is factual and complete to the best of my ability.

I hereby waive and release any and all rights, causes of action, and claims for damages I may have against the City of Boston, Boston Centers for Youth & Families, and any and all other associated individuals or organizations, for any and all personal injuries or property damage resulting from my participation in Boston Center for Youth & Families Programs.

I, the undersigned parent or guardian of \_\_\_\_\_, a minor, hereby consent to his/her Boston Center for Youth & Families membership and waive and release any and all rights, causes of action and claims for damages I may have against the City of Boston, Boston Centers for Youth & Families, and any and all other associated individuals or organizations, arising out of any and all personal injuries or property damage which I may now or hereafter has as the parent or guardian of said minor(s), and also all rights, causes of action, and claims which said minor has or may acquire resulting from his/her participation in the program.

I give consent to me/my child(ren) to be administrated first aid and to be treated by an emergency medical technician-paramedic, nurse or physician. Any follow up medical attention may be given at a local hospital and transportation to a Boston hospital is authorized. I give my consent for photographs, audiotapes and video records of me/my child(ren) to be used by Boston Centers for Youth & Families for publicity purposes. I also agree to allow Boston Centers for Youth & Families to use photographs, audiotapes, video records or other work produced by the member for publicity purposes.

I understand that transportation is not provided and it is my responsibility to arrange transportation to and from Boston Centers for Youth & Families Community Centers.

Failure to comply with these rules and expectations can lead to termination of membership.

\_\_\_\_\_  
Signature of Parent/Guardian (if member is under 18 years old)

\_\_\_\_\_  
Date